

**In the Abstract**

Please replace the Abstract with the following amended paragraph:

A training bench for cyclists includes a framework. The framework has rollers on which the wheels of a bicycle rest. The framework also has a central support including a platform which is connected to the framework with transverse bars, on which it can move. The platform has an elastically deformable anchoring system serving as a holding base for holding a column. At its free end, the column has ~~means for supporting supports~~ the frame of the bicycle. The anchoring system acts as an absorption member for controlling the movement of the bicycle with regard to the platform and the framework.